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The vote is in: Off with their paycheques!

Wallin says suspensions make this a 'sad day for democracy'

PAGE 6

YOU LOOK LIKE I NEED A DRINK

ANOTHER PERSON WHO'S NOT PROUD OF HITTING THE BOOZE? SHANNON

PAGE 8

T.O.'S FORD WON'T FALL ON HIS SWORD

Toronto Mayor Rob Ford addresses the media at Toronto City Hall on Tuesday. Ford, who admitted to smoking crack cocaine, offered another emotional apology for his "mistakes" but says he loves his job and has no plans to step aside. Story, page 5. NATHAN DENETTE/THE CANADIAN PRESS

Police trying to find cause of deadly fall

Suspicious. Homicide unit busy interviewing witnesses at the Royal Albert Arms Hotel

SHANE GIBSON
shane.gibson@metronews.ca

Homicide detectives are investigating after a man — found critically injured late Monday following a fall at the Royal Albert Arms Hotel — died in hospital overnight.

But police have yet to call the 42-year-old's death a homicide.

And while police at the scene focused their attention on a pile of clothing and a splattering of blood on the gravel lot directly below a third-storey hotel window with a torn-out screen, police spokesperson Const. Eric Hofley couldn't say on Tuesday afternoon whether the man's death was an accident, suicide or homicide.

An officer looks up at the third-floor window at the Royal Albert Arms Hotel on Tuesday. SHANE GIBSON/METRO

"Obviously ... any time we come across something like that, investigators have to speak to all witnesses involved and try to determine what's happened," he told Metro. "It's too early to say."

The man's name was not released Tuesday, but Hofley was hopeful more information would be made public Wednesday after investigators had time to interview witnesses.

The investigation comes at a busy time for the Winnipeg Police Service's Homicide Unit, which has been called to the scene of two violent beating deaths on city streets in less than a week.

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Best of Canadian music to return to Winnipeg stage

Two-time Juno Award-winner Chantal Kreviazuk was in Winnipeg Tuesday for the kick-off of the 2014 Juno Week celebrations, which will be held in the city in March. Kreviazuk and husband Raine Maida of Our Lady Peace will receive the 2014 Allan Waters Humanitarian Award at next year's Junos.
SHANE GIBSON/METRO

2014 Junos. City's host committee unveils branding, details of week-long event

SHANE GIBSON
shane.gibson@metronews.ca

Juno-fever has returned to Winnipeg.

After successfully hosting the Canadian Academy of Recording Arts and Sciences' (CARAS) week-long celebration and award show back in 2005, Winnipeg's 2014 Juno host committee officially revealed details on Tuesday of the upcoming event.

"When the Junos were here last time we sold out right away, it was a wonderful show, and now it's time for them to come back to our city," said Winnipeg's manager of film and special events and Juno host committee co-chair Kenny Boyce.

"I think it's a wonderful opportunity for Winnipeg and for the new artists that will perform during Juno Week."

The Juno Week celebrations will be held March 24-30 and the committee announced the MTS Iceplex will host the Juno Cup hockey tournament on March 28.

Fans will get the chance to meet their favourite artists at St. Vital Centre March 29 during Juno Fan Fare and the RBC Convention Centre will host the Junos' industry-only Gala & Awards on March 29.

The actual Junos Award show will be broadcast live from the MTS Centre March 30.

"We were here in 2005 and Winnipeg definitely raised the bar for future (host) cities," said CARAS president and CEO Melanie Berry.

"Honestly, it's the people ... people are very passionate about arts and culture here."

Tickets for the 2014 Juno Awards range from $39 to $189 and go on sale Feb. 7.

Volunteers, performers

The Canadian Academy of Recording Arts and Sciences is looking for volunteers to help during the celebration and artists to perform at venues across the city during the week.

- Anyone interested in volunteering should go to junoawards.ca, and artists interested in performing can make their submissions at marcatoforms.com/junofest2014/artists before Jan. 8.

Repeat performance

"Honestly, it's the people... people are very passionate about arts and culture here."

Canadian Academy of Recording Arts and Sciences president and CEO Melanie Berry, on hosting the Junos in Winnipeg.

Man. food bank usage 2nd highest: Report

Manitoba has the second-highest rate of food-bank usage among the provinces and has seen the sharpest increase since 2008, says a report released Tuesday by a non-profit group representing Canada's food banks.

The report from Food Banks Canada says just over 4.7 per cent of Manitobans use food banks — second only to the 5.1 per cent counted in Newfoundland and Labrador. Forty-five per cent of Manitoba food bank users are children — a higher rate than any other province.

The study also found usage rates have increased in Manitoba by 48.8 per cent since 2008, despite regular increases to the province's minimum wage, which is now among the highest in Canada.

Marla Somersall, executive director of the Samaritan House food bank in Brandon, was not surprised by the findings. Many are struggling to pay for food because affordable housing is in short supply, she said.

Welfare and housing-assistance rates have remained virtually unchanged in Manitoba in recent years, she added.

"Many of the folks that we serve are receiving rental assistance for $300 to $400 per month ... and the rental rates, even in a community like Brandon, are between $700 and $800," Somersall said.

"So basically their food budget is used to pay for rent."

THE CANADIAN PRESS

Getting down with Dixie

Natalie Maines and the Dixie Chicks played at the MTS Centre Tuesday. The American country music stars were in Winnipeg on their Long Time Gone Tour. Check out metronews.ca for a full review. SHANE GIBSON/METRO

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Churchill. Victim of polar bear attack needs privacy, family says

The family of a Manitoba man seriously injured in a polar bear attack in Churchill says he hopes that he will be able to return home to recuperate once he is well enough.

Bill Ayotte's family has issued a release that says he is recovering from his injuries in Winnipeg's Health Sciences Centre.

Ayotte suffered multiple lacerations when he went to the aid of a woman who was being attacked by a bear outside his home early Friday.

She escaped when Ayotte, who is 69, hit the bear with a shovel, but the animal then turned on the man and mauled him.

The family says Ayotte is pleased that the 30-year-old woman has been released from hospital. He also thanks everyone who came to help him following the attack.

"We are now asking for privacy at this time as Bill focuses his energy on recovering," the family said Monday in the release.

Witness Mitch Paddock has described how he heard a woman screaming, ran outside and saw Ayotte lying on his back with the bear on top of him.

Paddock said the bear was dragging Ayotte around and jumping on his chest.

Several neighbours tried to scare the bruin off by throwing shoes at it and shooting fire crackers, but the animal wouldn't leave until someone took a run at it with a pickup truck. The neighbours then got a bleeding Ayotte into the truck and took him to the community's hospital.

Manitoba Conservation officials have said they shot and killed two bears. A cub was tranquilized and taken to a holding facility. METRO WITH FILES FROM THE CANADIAN PRESS

On the web

For more local news go to metronews.ca

City to give cellphone towers another look

Public input? Report expected back in 60 days

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city committee has endorsed a plan that would give municipalities greater say in the location of cellphone towers.

Coun. Brian Mayes (St. Vital) put forward a motion at Tuesday's property and development committee meeting to review a protocol by the Federation of Canadian Municipalities and Canadian Wireless Telecommunications Association on cellphone towers and, if found satisfactory, how to implement it in Winnipeg.

Mayes said the location, size and look of these towers have created headaches for municipal officials, since citizens call them to complain.

"It would mandate consultations, even on towers that are under 15 metres in height, which we don't have now," said Mayes, though he acknowledged that cellphone towers fall under the jurisdiction of federal laws, which means the city does not have the power to veto their location and installation.

"These fairly big structures were getting put in with no public input and people thought it was the city that had OK'd it and we hadn't."

The committee voted in favour of the protocol review, with the city's public service reporting back in 60 days.

The Joint Antenna System Siting protocol between the FCM and CWTA calls for the wireless industry to notify about installations prior to construction and undertake public consultations on towers less than 15 metres, which federal regulations currently exclude.

Follow Bernice Pontanilla on Twitter @MetroBee

Coun. Brian Mayes said a motion he put forward would "mandate consultations" on cellphone towers in the city. BERNICE PONTANILLA/METRO

In other jurisdictions

- Committee chair Coun. Jeff Browaty (North Kildonan) said during his travels to other cities in North America, he's seen cellphone towers that blend better with surrounding neighbourhoods.
- "This allows for a communications protocol, so that if you can move it over a little bit over here or a little over there, if you can make it look a little different or you hide it within another tower or there's examples where they've hid them in steeples on churches. ... There's all sorts of examples and this gives a protocol for communicating in a meaningful way between municipalities, residents and communications companies," he said.

Corydon-Osborne Neighbourhood Plan

PUBLIC MEETING: Wednesday, November 13
6:00 – 8:00 p.m.
Gladstone School
500 Gertrude Ave

The meeting will include a presentation, followed by an interactive workshop to allow participants to affirm their vision for the future of the Corydon-Osborne Neighbourhood.

Winnipeg

Winnipeg.ca/ppd/Corydon

Law

"The police service and the judicial system have to take action. But the mayor will have to make his decisions about what is appropriate right now."

Ontario Premier Kathleen Wynne

Order

"I'm the justice minister; you know where I stand on the use of illegal drugs. As a human being, I think that the mayor of Toronto needs to get help."

Conservative MP Peter MacKay

Health

"I look forward to seeing Rob Ford get the help he obviously needs."

Federal Liberal Leader Justin Trudeau

Responsibility

"I sincerely hope Mr. Ford will do the right thing for Toronto and the right thing for himself, which includes taking care of himself properly."

Federal NDP Leader Thomas Mulcair

Crack? Yes. Step back? No chance

Toronto Mayor Rob Ford speaks to the media following Tuesday's admission. Ford did not step down, saying city business must go on. RICK MADONIK/TORSTAR NEWS SERVICE

Confession. Councillors trying to strip Toronto mayor of powers as he refuses to leave office

The mayor of Canada's largest city vowed to remain in office Tuesday despite revealing he had smoked crack cocaine while in a "drunken stupor" — an admission that reversed months of firm denials.

"Yes! I've smoked crack cocaine!" said Mayor Rob Ford. "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors."

The mayor of Toronto said he tried the drug about a year ago, while he was in office.

Ford has been under intense scrutiny since May, when two media outlets reported on a video they said appeared to show the mayor smoking crack. Ford had defiantly denied he used the drug and suggested the video did not exist.

Hours after his surprise statement, a visibly troubled Ford made an emotional apology for his "mistakes" but said he had no plans to step aside.

"I was elected to do a job and that's exactly what I'm going to continue doing," he said. "I can't do anything else but apologize."

Ford said he kept his drug use from his family, staff and colleagues because he was "embarrassed and ashamed."

Ford again called for the video to be released so everyone could judge its contents.

"I don't even recall there being a tape or a video.... So I want to see the state that I was in."

Ford's backtracking had many shaking their heads, but the mayor insisted he had been truthful.

"I wasn't lying," he told reporters. "You didn't ask the correct questions. No, I'm not an addict, and no, I do not do drugs."

Nonetheless, at city hall some who worked with Ford said his latest admission was a clear sign that he needed to step back and get help.

A member of Ford's executive committee said some councillors were bringing a motion against the mayor that could strip him of some of his powers. Municipal law makes no provision for his forced removal unless he's jailed for a criminal offence.

THE CANADIAN PRESS

Foreign press

U.S. chuckles at the drama

Rob Ford's shocking admission clashes with the image many foreigners have of Canada, a political expert said Tuesday as the news took the world media by storm.

"It either breaks the narrative of the uptight Canadians or it plays to another narrative they have of the very liberal Canadians," said Peter Graefe, a political-science professor at McMaster University.

Within moments of the confession, it was splashed across major news websites abroad, including CNN and the BBC. Several U.S. networks carried the mayor's second news conference live.

The scandal has been a particular favourite with U.S. media, with some comparing the Ford affair to the case of former Washington, D.C., mayor Marion Barry, who was busted smoking crack cocaine by an FBI sting in 1990.

Ford has also been a recurring target for late-night talk shows. Even serious news outlets have taken a more lighthearted tone, something Graefe attributes to distance.

"It's not news when it's in other cities.... It's comedy."

A story posted on the Washington Post's website highlighted the vastly different reactions stirred by the Ford and Barry scandals.

"It's a different world now than it was in 1990," Clinton Yates wrote in the piece.

"In those days, it was a reason to vilify a majority-black city for a drug epidemic that took countless lives."

Ford's name was trending on Twitter for much of Tuesday.

"Rob Ford's crack habit is the only thing I know about Canadian politics. I wonder if I'm alone in that. (Probably not.)," read a tweet from New York.

Ford's supporters defended him online, saying he's been picked on by police and media alike.

"I think @TorontoPolice should leave @TOMayorFord alone. Months of air surveillance is excessive and ridiculous," one wrote.

THE CANADIAN PRESS

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Over and out: Senate votes to suspend Duffy, Wallin, Brazeau

Expense scandal.
Drawn-out proceedings finally end with the trio losing pay, privileges for the duration of the parliamentary session

Patrick Brazeau, left, and Pamela Wallin are seen leaving the Senate Tuesday. Senators voted to suspend Wallin, Brazeau and Mike Duffy for allegedly claiming improper expenses. SEAN KILPATRICK/THE CANADIAN PRESS

Mike Duffy, Pamela Wallin and Patrick Brazeau were cast Tuesday into political limbo — suspended by the Senate and reviled by their former Conservative colleagues, including the prime minister who appointed them.

All three have maintained they're the victims of a politically motivated witch hunt aimed at putting a lid on a Senate expenses scandal that has engulfed Stephen Harper's government for almost a year.

"I think it's an extremely sad day for democracy," Wallin said as she exited the Senate chamber after the vote, her voice heavy with emotion.

"If we can't expect the rule of law in Canada, then where on earth can you expect it?"

Brazeau said nothing as he left the Senate. Duffy did not show up for the vote.

The trio retain the title of senator and their health, dental and life insurance coverage, but get no pay and lose their Senate privileges and resources for the duration of the current parliamentary session, which could continue for two years.

Harper's office expressed satisfaction with the suspensions, which followed weeks of emotional, often explosive debate, punctuated by bombshell revelations from Duffy that directly implicated the Prime Minister's Office in the scandal.

"Removing these three senators from the public payroll was the right thing to do," the PMO said in a statement.

"They should not be collecting a public paycheque."

While the vote to suspend the trio marks the end of a protracted and politically damaging debate, the shock waves wrought by Duffy are still reverberating for Harper and his Conservative government.

The RCMP is investigating the three senators, as well as former Liberal senator Mac Harb, and the steady drip of revelations from police documents filed in court is sure to continue to keep the scandal front and centre.

THE CANADIAN PRESS

When rural physician Dr. Cornelius Woelk and his partners looked at cancer treatment in their region, they found it created undue stress on patients. "Patients and their families were shuttling back and forth to clinics in Winnipeg, when a bit of planning could have cut their travel time in half." Patient navigators now work with individuals every step of the way to double-up investigations and consultations and reduce the need to travel. "Our patients should be fighting their cancer – not the system." **DOCSFORPATIENTS.CA**

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San Franciscans search for answers to barge mystery

X marks the spot. Residents are buzzing about the structure Google is building at Treasure Island

A barge under construction is docked at a pier at Treasure Island. JUSTIN SULLIVAN/GETTY IMAGES

San Francisco's mayor says he doesn't know what it is. Police say it's not their jurisdiction. And government inspectors are sworn to secrecy.

Google is erecting a four-storey structure in the heart of the San Francisco Bay but is managing to conceal its purpose by constructing it on docked barges instead of on land, where city building permits and public plans are mandatory. Construction became obvious a few weeks ago.

The Internet giant's actions at Treasure Island appear legal. But the mystery surrounding the bulky floating building — and a similar one off Portland, Maine — is generating rumours and worries.

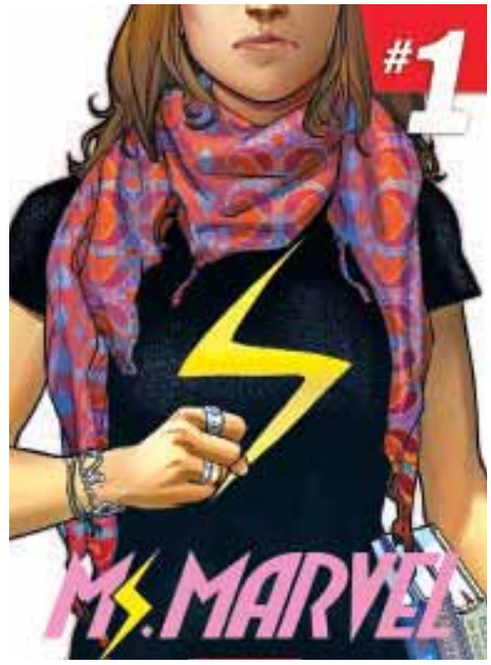
Privacy experts, environmentalists and legal authorities say that whether it is a store to sell Google's Internet-connected glasses, a data-storage centre or something else, the secrecy may backfire because Silicon Valley residents are highly protective of one of the most scenic and environmentally sensitive bays in the U.S.

THE ASSOCIATED PRESS

Worries down by the bay

Deb Self, executive director of the environmental group Baykeeper, said whether the structure is a store or a data centre powered by wave action there are going to be grave concerns.

- "We don't really want to see the bay used as a shopping mall. Unacceptable," she said. Environmentalists warn that water-cooled data centres might warm the sea and harm marine life.



Meet Ms. Marvel: Kamala Khan

Marvel Comics is bringing Ms. Marvel back as a 16-year-old daughter of Pakistani immigrants living in Jersey City named Kamala Khan. The character is among the first to be a series protagonist who is both a woman and Muslim. She can grow and shrink her limbs and her body, and she'll be able to shape shift into other forms. THE ASSOCIATED PRESS/MARVEL COMICS

Random biz fact of the day

250

250 CVs are received on average for each job position.
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JUSTIN SULLIVAN/GETTY IMAGES

Market Minute

DOLLAR 95.62¢ (-0.37¢)

TSX 13,361.78 (no change)

OIL $93.37 US (-$1.25)

GOLD $1,308.10 US (-$6.60)

Natural gas: $3.48 US (no change)
Dow Jones: 15,618.22 (-20.90)

Waterloo, Ont.

Open Text to acquire GXS Group for $1.17B US

The software company Open Text will spend approximately $1.17 billion US to acquire cloud-technology provider GXS Group in a cash-and-stock deal.

Open Text, based in Waterloo, Ont., will pay about $1.07 billion US in cash and $100 million US of its stock. When the deal closes, part of the cash portion of the purchase price will be used to repay some GXS debt, company officials said Tuesday.

GXS stockholders are expected to own about 2.1 per cent to 2.4 per cent of Open Text's stock once the acquisition is complete.

The companies will have about 80,000 customers combined once the transaction closes.

GXS Group Inc., a business-to-business service provider, will become a subsidiary of Open Text Corp.

THE ASSOCIATED PRESS

Imitation of burger

Which 'wich to go with? The Big Mac or the Big King?

What has two all-beef patties, special sauce, lettuce, cheese, pickles and onions on a sesame seed bun? Burger King's latest sandwich.

The Miami-based chain says it's bringing back its "Big King" sandwich, which looks a lot like the popular Big Mac made by its bigger rival McDonald's. Burger King says it's an addition to the permanent menu rolling out this week. Burger King says it previously offered the Big King as a limited-time offer. But back then, it didn't have the middle bun — a Big Mac hallmark — like it does now.

It's just the latest move by Burger King that seems to pay more than a little homage to the Golden Arches. Last spring, Burger King also unveiled a revamped menu that looked a lot like the food McDonald's had added in recent years, such as fruit shakes, chicken snack wraps and specialty coffee drinks.

THE ASSOCIATED PRESS

Botulism concerns

Hotdog relish sold at farmers' market recalled

A hotdog relish has been recalled because of the potential presence of a bacterium that causes botulism.

The Canadian Food Inspection Agency says Orange Blossom Farm is recalling its unbranded relish because it may permit the growth of Clostridium botulinum.

The product was sold at the St. Jacob's Farmer's Market, near Waterloo, Ont.

The agency says food contaminated with the toxin may not look or smell spoiled but can still make you sick.

Symptoms can include nausea, vomiting, fatigue, dizziness, blurred or double vision, dry mouth, respiratory failure and paralysis.

The CFIA says there have been no reported illnesses due to the relish.

THE CANADIAN PRESS

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 3

metronews.ca/temp

Pick your battles

Migrant workers raise a little hell on a Prairie farm

It didn't last, but a group of temporary, foreign farm workers at a small Prairie town were the first in Canada to accept a collective agreement.

The 14 workers, who travelled from Mexico to Portage la Prairie, Man. every summer to work picking crops like onions and broccoli, voted to ratify a three-year collective agreement through the United Food and Commercial Workers in the summer of 2008.

But a Supreme Court of Canada ruling in 2011 quashed the right of migrant workers in Canada to collectively bargain with their employers.

METRO

Wage gap

An hour of your time for $5.44 less

So how do temps stack up to the rest of the work force when it comes to pay?

Well, there's a pretty stark difference.

Across Canada, temps earn, on average, $19.58 per hour — $5.44 less than permanent workers, according to Statistics Canada.

ANGELA MULLINS/METRO

Temp Enjoys Thursday Meal Special at Mister McFunbury's

Rarely have I ever felt so much like Sigourney Weaver at the end of an Alien movie. Around me nothing but casualties and disaster while I, Shannon the survivor, exit the doomed mothership to hop into a taxi to go on my glamorous date with a high-flying Asian businessman.

"Where to, Miss?"

"Mister McFunbury's."

"The one where they had the hostage taking last September?"

"No, the one by the off-ramp that takes you to the oil refineries."

"Right."

Mr. Xu (pronounced Mr. Shoe) was standing by the cigarette machine as I was told he would be. He wasn't hot, but he wasn't unhot, either — that's an important distinction. He was my age — late twenties, kind of Banana Republicky, and he was quite relaxed given the clattering of walkers stemming from "It's A Senior's Shrimpy Thursday!"

"I'm Shannon."

"I am Mr. Xu."

"Let's grab our seats."

We sat down, and my first instinct was to figure out Mr. Xu's language capacity. "How long have you been in the city?"

"Two very glorious nights."

"I'm glad they've been glorious. Is your hotel OK?"

"Most gracious hotel. Thank you."

Oh dear. I was going to be sitting with a fortune cookie all night. Well, OK. "Why don't we get into the McFunbury's spirit, Mr. Xu?"

"That would be most excellent."

I'm not totally proud of myself, but I went right for the booze — we hadn't even ordered food and I was trashing the three Sarahs. "My issue with Sarah No.1, Mr. Xu, is that on the first anniversary of Whitney Houston's death she Facebooked: "One year later, heaven took an angel from Earth too soon."

I'm not totally proud of myself, but I went right for the booze — we hadn't even ordered food and I was trashing the three Sarahs.

"Most unfortunate."

"I'll say. And my issue with Sarah No. 2 is that at a Friday staff lunch she suggested "we girls" go off on our own and have a "cuddle puddle" to discuss things "the boys just wouldn't understand."

"So sorry."

"And my issue with Sarah No. 3 — killer martinis, by the way — is that she insists on microwaving popcorn with that nauseating fake butter smell. She says, 'Well I think it smells like fun. If you don't like fun then I feel sorry for you'."

"Most ungracious."

I stared at the laminated menu. "What do you think you'll order, Mr. Xu?"

He then looked at me and said, "Well, I'm not feeling very surf-and-turfy — you know, it's a mood that you're either in, or you're not. And I kind of carbo-loaded at lunch — doing a half marathon in three weeks — so I guess I'll get a clubhouse with McFunbury Sauce on the side. You?"

"You, Mr. Xu, are a total dick."

"Let us both have one more most glorious martini. Clean or dirty?"

TO BE CONTINUED...

Random fact of the day

How cute is this?

- Sea otters hold hands when they sleep and eat in order to keep from drifting apart.

SOURCE: DAILYMAIL.CO.UK

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GIVE HUGS NOT DRUGS, ER, NOT

JUST SAYIN'

Paul Sullivan
metronews.ca

They're at it again.

"They" of course, are those faceless, officious minions of Politically Correct Behaviour who are ruining all the fun.

Just when you think They can't get any more faceless or officious, They pull something like a ban on touching for little kids, with consequences for those five-year-olds who dare to hold hands.

Yes, you read that right. Kindergarten kids at Coghlan Fundamental School in a Vancouver suburb were told on Friday they couldn't touch each other, no way, no how.

No holding hands, hugging, pushing each other on the swing, playing tag or doing anything that involves contact.

And if you don't think They are serious, They sent this sternly-worded memo to parents:

"We will have a zero-tolerance policy with regards to hands-on play, resulting in the missing of playtime and trips to the office for those who are unable to follow the rules."

"OK," says the principal to the kid, "what are you doing in my office?"

"I hugged Madison."

"That's pretty serious. That sort of thing could lead to tag or even, gasp, an outbreak of holding hands. No recess for you!"

Why? Why? Glad you asked. Because this kind of stuff (touching) is allegedly dangerous and has caused some injuries, maybe. No specifics because there is nothing real that could ever justify such a ridiculous ban.

They can't help themselves. A couple of years ago, a Toronto school banned all balls: soccer balls, basketballs, baseballs, footballs, volleyballs, everything except those foam Nerf balls. Try playing basketball with a Nerf ball.

The idea behind this nonsense appears to be: "Yeah, it's all fun until someone gets hurt." And, to be honest: "We realize this looks completely nuts but our lawyers told us to do it, and we do everything They tell us to do."

But really, can They ever go far enough? Sure, a ban on touching will discourage physical harm, but what about the mental anguish of my five-year-old? Sticks and stones will break my bones, but names will cause me to complain to the Human Rights Commission. Better issue a ban on talking.

What about breathing? Breathing causes the intake of particulate matter that can lead, later in life, to Chronic Obstructive Pulmonary Disease. Better ban breathing.

Seriously, this is evidence of a massive failure of nerve at the adult level. Either that or there's a growing reluctance to kiss the boo-boo or wipe away the tears, at least without wearing rubber gloves. It's much easier to put the little gaffers in a hermetically-sealed bubble and get back to the serious business of contract negotiations. Now about that sick leave…

ZOOM

Are these up close or far away?

Answers, clockwise from top left corner: micro: wing of a Green Darner dragonfly; macro: desert region of Arabian Peninsula; micro: surface of a rotted human tooth; macro: dune patterns in the Erg Oriental, Algeria. PHOTOS COURTESY STEPHEN YOUNG AND PAUL KELLY

Photos test our perception of size

These pictures test our ability to tell apart the microscopic and macroscopic worlds.

Geographer Stephen Young and biologist Paul Kelly of Salem State University collected more than 50 such images for a joint exhibition at Salem and at Clark University in Worcester, Mass. METRO

Q and A

What an expert says

STEPHEN YOUNG
Professor of Geography, Salem State University, Mass.

How can I guess which is small or large-scale?
Age and education level do not seem to decide if people will get it right. School kids have been doing as well as college students and the general public. Professionals who have used electron microscopes or satellite imagery tend to do better, but even they misidentify some as well.

Best aspect of the project?
There is something deeply intriguing about trying to figure out at what scale the image is and then to be so surprised when it is the opposite. To think something is a millimetre and to find out that it is 1,000 kilometres is quite surprising.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's no shortage of apps and services that will allow you to stream music to your mobile device, but none get more use on my iPhone than SoundCloud. It's free, the selection is endless and just letting it play is the safest path to discovering something new. Try these accounts for great electronic music.

CONTRIBUTED

DFA Records:

Easily the reigning champ of the disco renaissance we've been hooked on for the past few years, the home of James Murphy and LCD Soundsystem also happens to be extremely generous with keeping their feed updated with new tracks. (soundcloud.com/dfa-records)

Future Classic:

Just as danceable as DFA's output, but with occasional forays into beachside guitar pop and bittersweet ballads. There are already hundreds of songs posted for you to work your way through. Get ready to favourite a chunk of them. (soundcloud.com/futureclassic)

Ninja Tune:

The London-based label is among your best bets for when you're in the mood for something a little on the strange side. It's cool, though. There's nothing threateningly interesting. Just endless creative restlessness. (soundcloud.com/ninja-tune)

Twitter

@metropicks asked: So now Rob Ford has admitted smoking crack, tell Metro what you've done #inoneofmydrunkenstupors

@necksbest: I may have listened to Justin Bieber #InOneOfMyDrunkenStupors. But I don't follow him and I'm not an addict

@jmmelanson: ran for mayor of Toronto and won accidentally #InOneOfMyDrunkenStupors

@Jdubs12: #InOneOfMyDrunkenStupors I drank some coke, a cola.

@katangus: #InOneOfMyDrunkenStupors I ordered both the paperback and Kindle editions of 50 Shades of Grey.

@JGregRandall: I was in Seattle last year and did not visit the Space Needle. What was I thinking? #drunkenstupor

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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SCENE 2

It's no Baby Sitter's Club, but Thor will do, I guess

Natalie Portman. The star talks about her obsession with a certain book series and working with legend Anthony Hopkins

RICHARD CROUSE
scene@metronews.ca

Natalie Portman stars in Thor: The Dark World, which opens this weekend.
ALL PHOTOS CONTRIBUTED

Despite starring in two movies based on a Marvel hero Natalie Portman says, "I've never gotten into comic books."

This weekend she reprises the role of Jane Foster, scientist and love interest to the God of Thunder in Thor: The Dark World.

Portman may not have spent time reading comics but she can understand the obsession fans have with Thor's characters because she was once a fan girl herself.

"The one thing I ever got into, like, that is really dorky," she says, "until I was 12 or 13 I was obsessed with the Babysitter's Club, a series of books for girls. There was a new book every month and the day the book would come out I had to go to the bookstore and get it and read it on the way home.

"The writer's name was Ann M. Martin and my friends and I would look in the phone book and call every Ann Martin trying to get her.

"One time she came to our bookstore and did a signing. The week before I wrote a packet about what her next book should be about, with drawings, and I waited in line for three hours and gave it to her and she was like, 'OK weirdo.'"

Playing heroine Jane Foster is miles away from her Academy Award winning role in the dark psychological drama Black Swan.

Portman admits she "never thought I'd get the chance" to act in a superhero movie, "which is why whenever they ask I say yes."

Also appealing is the chance to work with Anthony Hopkins, who she describes as "a giant among actors."

She shares several scenes with the veteran actor and says she was "completely intimidated" by him.

"I kept messing up lines around him because I was so nervous but he was so sweet about it. He'd say, 'That's a really hard line to say.'"

Many of her scenes with Hopkins take place on Asgard, the celestial planetoid home to Thor and his family, which raises the question, does Portman believe there is life on other planets?

"That question makes me think of another movie. In Antz all the insects are around a campfire," she says, laughing, "and they say, 'Do you think there's something bigger than us out there?'

"It totally feels like that. Of course there has to be something else out there. I don't know what it is but it would be completely silly to think that we're 'it.'"

Analysis

What's behind the hammer?

IN FOCUS
Richard Crouse
scene@metronews.ca

It's hammer time at the movies this weekend.

Thor: The Dark World opens in theatres, bringing with it Chris Hemsworth as the sledgehammer wielding superhero with his rippling muscles, crazy mythology and Dark Elves.

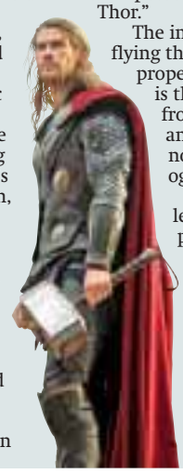
The Marvel comic series borrowed the character from Norse mythology, co-opting the God Of Thunder's most famous weapon, the Mjölnir. In myth the name translates to "that which smashes," and refers to his hammer, a fearsome club capable of levelling mountains, causing lightning flashes and boomeranging back when he throws it.

"The power within Mjölnir," he says, "doth rage like the winter storms bursting upon the shore in furious assault!"

According to Nordic legend the mallet was forged by dwarven brothers Sindri and Brokkr but Marvel embroidered the lore, adding to the story the fictional Asgardian metal uru as the main component of the basher and an inscription that reads, "Whosoever holds this hammer, if he be worthy, shall possess the power of Thor."

The image of Thor flying through the air, propelled by Mjölnir, is the iconic picture from the comics and movies, but not from mythology.

According to legend, Thor's preferred mode of transport was a chariot drawn by two 1,700-pound warrior goats named Toothgnasher and Toothgrinder.



Thor: the man, the myth, the legend.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Eminem. ALL PHOTOS GETTY IMAGES

Eminem on the defensive once again

Eminem is taking fire for still using homophobic terms in his lyrics on his latest album, so he's doing his best to explain himself.

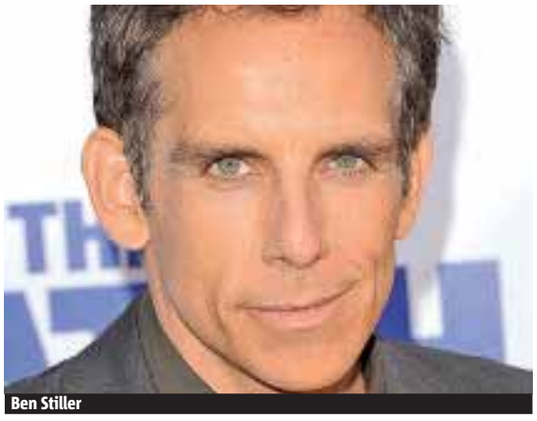
"That word, those kinds of words, when I came up battle-rapping or whatever, I never really equated those words" to actually meaning gay, he tells Rolling Stone.

"It was more like calling someone a bitch or a punk."

The 41-year-old rapper insists it's all in good fun and people know how he really feels.

"I say so much s— that's tongue-in-cheek," he says of the lyrics.

"But the real me sitting here right now talking to you has no issues with gay, straight, transgender at all. I'm glad we live in a time where it's really starting to feel like people can live their lives and express themselves. And I don't know how else to say this; I still look at myself the same way that I did when I was battling and broke."



Ben Stiller

There's something about Stiller, and it has to do with 'hair gel'

Ben Stiller admits he didn't have much faith in what's become the most memorable scene from There's Something About Mary, in which Cameron Diaz mistakes semen hanging from Stiller's ear for hair gel.

"My big thing with that scene was that I argued with the Farrelly brothers all during the shot, asking how he could not feel it on his ear? I was lobbying them to have a back-story that the character had somehow, like, lost sensitivity in his ear, like he had gotten hit as a kid or something," Stiller tells The New York Times.

The Word

No, it's just a gentleman's club, guys... with bed sheets

So apparently that Brazilian brothel Justin Bieber hung out at over the weekend wasn't exactly a brothel per se, according to some sources that are trying to help salvage the 19-year-old pop star's reputation.

Centauros is more like "an old-fashioned gentleman's club," a source tells E! News.

"For what it is, it is high end and it's not cheap to get in there. There is an entrance fee. Playboy-types go there and local businessmen and tourists."

Of course, that doesn't quite explain why the establishment would have bed sheets bearing its logo on hand — one of which Bieber hid under as he was rushed out of the building.

And as for the two women from the club who left with Bieber?

"The girls that work there — some have clothes on and some kind of don't," the source explains. "They are all in there to make money. They don't work for the club."

Drew Barrymore

Drew Barrymore's on her way to being a Griswold

Drew Barrymore wasn't kidding last month when she told Jay Leno that she and husband Will Kopelman are ready to try for a second baby. The actress' rep confirmed to E! News that Barrymore is once again pregnant. Her first child, daughter Olive, was born in September of last year.

"I grew up as an only child," she told Leno last month. "That really works for some people, and for some parents that's the way they want to do it. I want to be the Griswolds."

Miley Cyrus

Miley Cyrus mocks In Touch magazine

Miley Cyrus is clearly taking all the tabloid attention she's been receiving in stride. In Touch magazine published an extensive cover story on the singer with a giant headline, "Miley finally admits: I need help!"

So what was Cyrus' response? She made the magazine cover her profile picture on Twitter.

Twitter

@TheRock
When it comes to success, consistency is key. Consistent hard work that we may not like, but for a payoff we'll love.

@kirstiealley
Tech geniuses..my twitter wouldn't work AT ALL for 2 days..it would kick me out! what technically would cause that? other than hate crimes?

@johncusack
Watching the brilliant "hannah and her sisters " by the maestro woody Allen - a great American film with wonderful actors everywhere

The lost link to golf heaven

Bermuda. Island's plethora of renowned courses attract players from around the world

BRIAN KENDALL
canadiangolftraveller.com

Bermuda is renowned for its pink sand beaches, turquoise waters and refined atmosphere. Just as unforgettable are Mid Ocean, Port Royal and the other golf courses on an island of almost celestial beauty.

"You go to heaven if you want to," Mark Twain famously said of Bermuda. "I'd rather stay here."

Founded in 1609 by survivors of a British shipwreck, Bermuda has long enjoyed a reputation as one of the most beautiful places on Earth. Sailboats and luxury yachts dot the harbour at Hamilton, the bustling capital, where colonial-style houses topped by stepped roofs to collect rainwater are painted in a palette of pastel colours. Oleander, frangipani, bougainvillea and hibiscus scent the warm breezes of the Gulf Stream.

High season in Bermuda, located roughly 1,000 kilometres east of the North Carolina coastline, runs from April through October. But many Canadians visit during the sub-tropical island's more temperate winter months, when daytime highs average just below 20 C, room rates are reduced, and tee times at top courses are readily available.

Though just 54 square kilometres in size, Bermuda is remarkably rich in world-class golf courses. The sport has been a major tourist draw since the early 1920s, when Riddell's Bay Golf and Country Club opened on a narrow peninsula thrusting into the turquoise waters of the Great Sound. The tight fairways and small greens of architect Devereux Emmet's 5,713-yard layout offer ample challenge, especially when winds gust off the Atlantic.

Port Royal's signature 16th hole is a par three clinging to a cliff high above Whale Bay. PHOTOS: MARKETING BERMUDA

Breathtaking ocean views will help you forget your double bogeys.

A few kilometres north of Riddell's Bay is Mid Ocean Club, a superb Charles Blair Macdonald design that has symbolized Bermuda golf since opening shortly after the launch of Riddell's Bay.

Mid Ocean is where Bermuda's elite take their divots. Billionaire Ross Perot and New York's Michael Bloomberg own houses in the rolling hills overlooking the golf course. Another member, movie star Michael Douglas, became a local hero in the aftermath of hurricane Fabian in 2003 when he used his private jet to deliver chain saws and generators, then stayed for a week to help in the cleanup.

Remodelled with good judgment by the great Robert Trent Jones Sr. in 1953, Mid Ocean offers risk-and-reward golf at its best as it winds 6,520 yards through rolling inland countryside before ending dramatically with a par four that skirts the bluffs overlooking the sea.

At Mid Ocean's daunting 433-yard par-four fifth, where the fairway bends around a lake that is widest on the direct line to the green, Babe Ruth once put a dozen balls in the water before hitting a home run.

Two other popular and challenging layouts are Tucker's Point Club, a hilly Roger Rulewich redesign that is the centrepiece of a posh resort community featuring Tucker's Point Hotel and Spa; and Belmont Hills Golf Course, a remodelled 6,017-yard layout offering panoramic vistas of the Great Sound and Hamilton Harbour. Bermuda even boasts one of the world's top-ranked par-three courses, Turtle Hill Golf Club, an 18-hole, 2,962-yard beauty on the grounds of Bermuda's largest hotel, the towering pink 593-room Fairmont Southampton.

But the buzz these days is about the rejuvenated Port Royal Golf Course, which every October since 2009 has hosted the PGA Grand Slam of Golf, a made-for-TV exhibition featuring the winners of the year's four major championships.

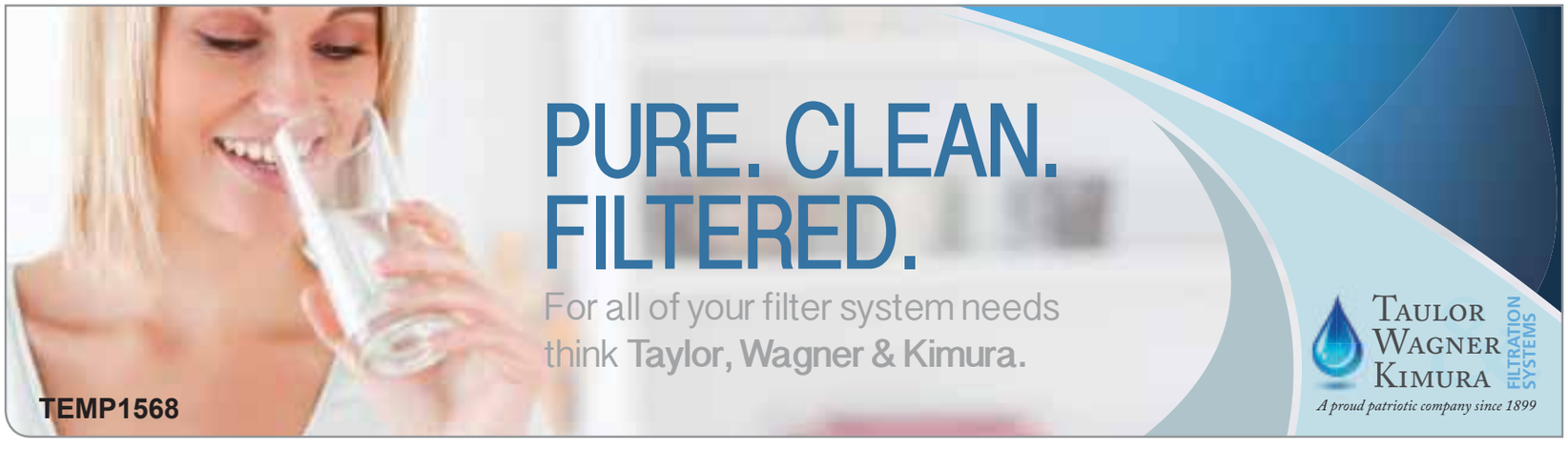
Built in the 1960s by Trent Jones Sr. atop oceanside cliffs on the south shore, the government-owned course received a brilliant $15-million revamp several years ago by Rulewich, who worked with Jones during the original construction.

Especially unforgettable is Port Royal's signature 16th, a staggeringly gorgeous windblown par three clinging to a cliff high above Whale Bay that stretches to a heroic length of 235 yards from the back tee.

Twain had it right. With golf holes like that, heaven can wait.

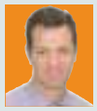
After golf

- **Beaches.** Bermuda is renowned for its secluded and pristine pink sand beaches. Three of the best: Whale Bay, Astwood Cove and Jobson's Cove.
- **Snorkelling.** There are roughly 300 shipwrecks to explore in warm and clear waters offering reefs, underwater caves and a variety of marine life.



Adventuring

Tips for your own epic global trek



ON THE MOVE
Loren Christie
life@metronews.ca

An around-the-world trip is something many of us dream of but the thought of planning it can be daunting.

The first step is acknowledging that it will be a lot of work. You're not just planning one holiday, you're planning 12 or 15 or 20 back to back and dealing with numerous flights, hotels, airport transfers, different currencies, languages and time zones.

You should count on being away for at least a couple of months and once you hit the road it's imperative to leave time every few days to stay on top of — and make changes to — your schedule.

Plan an itinerary that ensures you visit the spots you have always dreamed of seeing: the Great Wall of China, the Taj Mahal or the Great Barrier Reef.

However, make sure to leave room for some spontaneity in your trip. Once you're on the road, the reality of travelling could have you feeling differently about places.

Book holidays within the holiday. You'll need to give yourself a rest every now and then.

Don't feel bad that you're not exploring some hidden temple or touring a museum. Sometimes you just need to plant yourself in a beach chair with a drink in hand.

The more obscure the places you want to hit, the more expensive your ticket will likely be. Stopping in major hub cities like London, Sydney and Bangkok will keep the price of your plane ticket down.

Purchase your ticket with an airline that is part of a larger alliance, like Air Canada and Star Alliance, which gives you the option to fly on more than 25 airlines as part of your ticket. Remember that round-the-world plane tickets will keep you moving from east to west or vice-versa; you can't go backwards.

Pack light, but also pack what you like to wear. You're going to be wearing the same clothes again and again, through countless layovers, different climates and a variety of cultures. While shopping may be enticing, lugging around what you buy for weeks or months will quickly become cumbersome.

Don't be afraid to go alone. My friend @MSiddiqi is currently on month six of a solo trip and loving it.

If you are travelling by yourself you will meet other people easier than if you were travelling with a companion.

The opportunity to move at your own pace is an added bonus of travelling alone.

A round the world trip can be a costly, time-consuming endeavour, but the rewards are priceless.

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INCLUDES accom near theme parks. Price per person based on family of 4. ADD *Disneyland* Resort 3-Day *1-Park Per Day* Ticket from $251/adult, $233/child (ages 3-9).

New York Flights + 3 Nights from $597
INCLUDES Manhattan accom.
UPGRADE to 4-star accom from $672.

Honolulu Flights + 7 Nights from $1050
INCLUDES Waikiki accom.

London Flights + 6 Nights from $1386
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ADD hop-on, hop-off tour from $48.

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Move over pumpkins, it's orange's time to shine in the kitchen

Orange Pound Cake

This recipe serves 12. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

If you love pound cakes but don't want to add on the pounds, this is a perfect dessert or snack in the afternoon. The cream cheese gives the cake a creamy and buttery texture without the calories and the fat.

For the record, each serving contains 214 calories and 7.6 grams of fat.

1. Preheat oven to 350 F. Spray a 9- X 5-inch loaf pan with cooking spray.

Nutritional analysis

Per serving: 241 calories, 4.5 g protein, 7.6 g total fat, 1.9 saturated fat, 40 g carbohydrates, 42 mg cholesterol 42 mg

Ingredients

Cake
- 2 eggs
- 1 1/4 cups granulated sugar
- 1/4 cup orange juice
- 1/4 cup vegetable oil
- 2 oz light cream cheese, softened
- 1 tbsp grated orange rind
- 1 tbsp poppy seeds
- 1 2/3 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 2/3 cup low-fat sour cream

Icing
- 1 oz light cream cheese, softened
- 1/2 cup icing sugar
- 1 tbsp fresh orange juice

Garnish
- Poppy seeds and/or grated orange rind

2. To make cake: In a food processor or in a large bowl and using an electric mixer, beat eggs, sugar, orange juice, oil, cream cheese, orange rind, and poppy seeds until smooth. In another bowl, stir together flour, baking powder, and baking soda; into cream cheese mixture, alternately stir flour mixture and sour cream, making three additions of each. Pour into prepared pan.

3. Bake in the centre of oven for 45 to 50 minutes or until a tester inserted in centre of cake comes out clean. Remove from pan and cool completely on a wire rack.

4. To make icing: In a food processor or in a bowl and using an electric mixer, beat all icing ingredients together. Spread over top of cake. Garnish with poppy seeds and/or orange rind.

Drink of the Week

The Perfect Martini

- 2 oz Luksusowa Vodka
- 1/4 to 1/2 oz dry vermouth
- Crushed ice
- Olive, onion or a lemon twist

Tools
- Stainless steel shaker or glass pitcher with spoon and strainer
- Atomizer
- Martini or rock glass
- Condiment pick or zester (depending on selected garnish)

Use chilled martini or rock glass. Sparingly atomize inside of glass with the dry vermouth (less vermouth equals a martini that is more dry). Gently shake or stir Luksusowa Vodka with crushed ice in stainless steel shaker or glass pitcher. Immediately pour (straining out ice) into glass. Garnish with olive, onion or a lemon twist.

COURTESY LUKSUSOWA

Classic cheesecake gets tropical upgrade

Sweet, tropical mango flavours healthy enough for an everyday indulgence? It's possible with this unique take on the classic cheesecake recipe.

1. Heat oven to 300 F (150 C). Line bottom of 9-inch (23 cm) spring form pan with parchment paper or spray with non-stick cooking spray.

2. Combine crust ingredients and press into spring form pan. Bake 10 minutes. Cool on wire rack.

3. In bowl, beat cream cheese and sugar on medium speed until light and fluffy, about 5 minutes. Add yogurt and flour and beat until smooth.

4. Add eggs one at a time and beat on low until blended.

5. Fold in mashed mango. Pour cheesecake into prepared pan.

6. Bake 1 hour or until centre is slightly jiggly. Turn off oven; let cool in oven 20 minutes with door closed.

7. Remove from oven; run knife around side of pan to loosen. Cool on wire rack 2 hours. Cover; refrigerate at least 4 hours. Remove sides of pan.

8. Garnish with mango.

COURTESY YOPLAIT CANADA

Ingredients

Crust
- 1 cup (250 ml) graham cracker crumbs
- 2 tbsp (30 ml) butter or margarine, melted

Filling
- 2 pkgs (250 g each) light cream cheese, softened
- 1/2 cup (125 ml) granulated sugar
- 6 x 100 ml containers (about 2 cups/500 ml) Yoplait Yopa! Greek Yogurt – Mmmm Mango Tango
- 3 tbsp (45 ml) all-purpose flour
- 3 eggs
- 1 cup (250 ml) finely mashed mango (about 1 mango)
- Additional chopped mango for garnish

This recipe makes 12 to 16 servings. YOPLAIT CANADA

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Tales of Twitter gone terribly awry

Watch what you web. Can you be formally disciplined by your employer for your tweets, comments and postings? History tells us, yes.

PARISA NIKFARJAM
TalentEgg.ca

If you don't "like" the idea of being let go, then be careful what you cast out into the social sphere. ISTOCK

The social media world has become more expansive, and more a part of our everyday routine, so it should be no wonder that it has seeped into our working life as well.

Social media can be a great platform for self or company promotion (think how vast your reach is on LinkedIn, Twitter, Facebook), but at the same time, it can spell demotions, suspensions and terminations.

A perusal of the news is a testament of the career-damaging potential of social media.

Real world examples

Ontario Hockey League

Take for example Joe Monette, an Ontario Hockey League referee, who was suspended for his online posts.

After officiating a game in Sault Ste Marie, Monette took to Twitter and tweeted the following: "Soo Saint Mari, two words, Slim Pickens. #noteeth #hicktown #allfaties."

Not surprisingly, the residents of Sault Ste Marie did not appreciate the comment, and uproar quickly ensued.

In an attempt to quell the upset caused by his tweet, Monette subsequently tweeted: "My tweet last night was not meant to be offensive and was meant as a joke between myself and a buddy of mine that lives in the Soo. I apologize if I offended anybody."

The OHL was not satisfied with Monette's blanket apology, and suspended him for the rest of the season and playoffs.

Kent Police

Just outside of a city of London (this time in England), a teen named Paris Brown, who had recently been appointed the first youth police and crime commissioner for Kent, faced similar outrage when her tweets were published in the local newspaper.

In that regard, Brown's tweets bragged about her drinking and drug use, criticized the local pizzeria employees for not speaking "proper English" and included various racist and homophobic comments.

While members of the British Parliament called for Brown's resignation, Brown defended herself by stating that the tweets were taken out of context and that she was "wildly exaggerating" on Twitter.

Despite Kent Police and Crime Commissioner Ann Barnes' supportive statement that Brown's tweets were not unlike the posts of many other teenagers on social media, Brown ultimately resigned.

These recent examples seem to contradict the conventional wisdom that what employees do on their own time is their own business.

Regardless of whether or not an employee's online comments/conduct rises to the level of "just cause" for termination without notice and severance, it remains an employer's prerogative to proceed with a "not for cause" dismissal, and provide appropriate termination arrangements.

In other words, an ill-advised social media post may cost you your job regardless of whether or not it represents "just cause."

THIS ARTICLE IS FOR GENERAL DISCUSSION PURPOSES ONLY AND SHOULD NOT BE REGARDED AS LEGAL ADVICE.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Employment-related misconduct

What has emerged from recent cases is that employers can take the position that an employee's off-site and off-duty conduct online will constitute employment-related misconduct if:

- The employee's conduct harms the employer's reputation.
- The employee's conduct makes the employee unable to perform his/her duties satisfactorily.
- The employee's conduct leads to refusal, reluctance or inability of the other employees to work with him/her (think blogs/posts criticizing coworkers!).
- The employee's conduct makes it difficult for the employer to properly carry out its function of managing its business and efficiently directing its workforce.

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CITY LOOKS HAS SOLUTIONS COVERED

For more than 17 years, City Looks Salon and Spa has been providing superior service to guests and assisting in soothing their mind, hair and body in its spacious and elegant space in the heart of Charleswood at 11-3900 Grant Avenue.

Not only is City Looks a full-service salon and spa, it is the premier provider of partial hair prosthetics and wigs.

Whether you are looking for a wig due to hair loss, medical reasons or simply want a fashionable new hairstyle, look no further since City Looks has a custom-fitted wig that is perfect and beautiful for you.

"At City Looks, we pride ourselves on being a 'solution centre' by offering our guests a full array of services and information to assist them in caring for their bodies, skin, feet and hair," says Deb McMillin, co-owner/wig specialist. "Our goal is to send every guest home with more knowledge than they had prior to visiting our centre."

City Looks offers private rooms where professionally trained staff work with guests to find the perfect hair prosthetic or wig. Custom fitting is the key to ensuring you look your absolute best. After selecting that perfect prosthetic hair piece or wig, measurements are taken and a stunning piece will be ordered in your closest size. Once your selection arrives, custom fitting takes place since this will ensure your piece fits comfortably and looks natural.

"After-care is an essential component. Our staff will provide guests with detailed information in caring and maintaining their prosthesis. If hair loss is due to chemotherapy, we have a special line of products to help with the vitality of your scalp. These products are designed to ensure your scalp is cleansed and prepared for regrowth."

Wigs come in many lengths, styles, shapes and colours. The staff of City Looks Salon and Spa will ensure you have a well-styled, proper fitting wig that looks natural — no one will know it is not your real hair.

Call City Looks Salon and Spa at 204-896-3177 to book your private and personal prosthetic hair piece or wig consultation with one of its professional advisers.

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HEALTHY OPTIONS FOR THE WINTER

YANLEV/COLOURBOX

Many of us expect to put on a little "winter padding" when the cold weather blows in each year.

"It's a time of year when people tend to pack on extra weight by eating calorie-dense comfort foods and adopting more sedentary lifestyles, both of which can lead to tipping the scales a little heavier," says Luke Corey, a registered dietitian and host of the popular workshop Achieving a Healthy Body. "But it doesn't have to be that way."

Here are five ways Corey says will help you avoid an expanding waistline this season:

Write it down to drop a pound: Make the commitment official and reread them regularly. Keep them somewhere in plain view like on your bathroom mirror, on your fridge or as a phone or computer screensaver.

Don't restrict yourself: Allowing yourself to indulge occasionally can actually help you stay on track. If you like soda pop, for example, Corey suggests choosing diet versions of your favourite beverage or opting for mini-cans, which offer smaller portion sizes. Love pizza? Consider keeping calories in check by making your own with a whole wheat pita, reducing the cheese and piling on your favourite vegetable toppings, like spinach, onions and tomato.

Get moving: It's tempting to strive for quick results, but working out too intensely, particularly if you have gone from couch potato to fitness fanatic, could put you at risk for injury. If you are a beginner, start with less intense exercises such as brisk walks and go from there. For more experienced athletes, try adding new activities to rev up results.

Think ahead: Instead of grabbing higher calorie, handy snacks, prepare healthy meals in advance to satiate your appetite. Bake another chicken breast, cut it up, and use it for a flavourful chicken salad sandwich the next day.

Start now: Within one month of healthy eating and regular exercise, you can start to see an improvement in energy levels, a moderate amount of weight loss and some increases in muscle tone. "Seeing results will increase your confidence, so it's definitely worth getting started now versus rushing to lose weight in the spring," Corey says.

– New Canada

COLOURBOX

ACCENT CARE MEETS INDIVIDUAL NEEDS

It's a home care alternative that offers care and dignity for Manitoba's aging population. Accent Care Home & Hospital Health Services is a private home care agency that has been assisting Manitoba families since 2000.

"The family is always in control and that is vital," says Nelson Arruda, office manager at Accent Care, adding that many people don't know what services they have available to them through home care.

"It's empowering for people to live with dignity, respect, honour and have their family values in place. And we provide a service to ensure that quality of life is met."

Whether the family of an elderly client is looking for permanent care, or temporary assistance while their loved one goes through a transition, Accent Care has services that meet the individual needs of each person.

With a staff of certified professional caregivers, including registered nurses, licensed practical nurses, health-care aides, and home support workers, Accent Care offers a wide variety of services from transportation and meal prep to caring for people who are medically and physically ill.

"We're giving the family an option," Arruda says. "If this is something they want and they can afford, why not invest in the quality of life."

For more information, please visit accentcare.ca or call 204-783-9888.

Accent care
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Welcome to Accent Care. We are a home healthcare agency providing personalized homecare services to improve the quality of life to seniors wishing to stay in their homes enjoying life with dignity and peace of mind.

For many Manitobans, home care is a better fit, a more cost-effective alternative to hospital, long-term care facility or retirement homes. It simply allows them to stay in their homes, empowering their independence and dignity, while enhancing their quality of life.

All Accent Care employees are insured and bonded and must have the following before commencing. Criminal record check, either a child or an adult abuse registry check (depending on the age of client), CPR and First Aid, and NON violent crisis intervention.

Sample List of Services We Have to Offer:
- Personal Care
- Home Support
- Health Care Aides
- Companionship
- Escort Services to and from Medical Appointments
- 24/7 On Call Services

PHARMACISTS ARE MEDICATION EXPERTS

What can your do for you? The answer is —more than you would expect.

"We're medication experts," says Bobby Currie, board member of the Manitoba Society of Pharmacists. "Our role is to help people navigate the health-care system as primary caregivers."

You might assume that pharmacists just count out pills prescribed to you by your doctor. But there is far more to it

"Our job is to help you manage your medications," Currie says.

Pharmacists are one of the most accessible health-care professionals. In Manitoba, there are 1,341 practising pharmacists. It is likely there is a community pharmacist, or more than one, in your neighbourhood who can answer just about any health-related question you might have.

"With any health-care provider, it's always best to develop a relationship," says Currie, emphasizing the importance of making a connection with your local pharmacist.

"Community pharmacists can develop a highly informed understanding of your health and medication profile. They can help you make the best health choice. That's our job."

Find out what your local, community pharmacist can do for you today.

Your pharmacist. Your health.

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MANITOBA SOCIETY OF PHARMACISTS
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Talk to your pharmacist and see what they can do for you today.
MEDICATIONS RETURN PROGRAM

HELPING LABS RUN SMOOTHLY

MEDICAL LAB ASSISTANT COURSE AT HERZING COLLEGE

CONTRIBUTED

With thousands of tests, specimens and samples running through Manitoba medical labs year each, medical laboratory assistants help run these labs smoothly.

Medical laboratory assistants are responsible for collecting blood samples and providing instructions to patients on how to collect samples of various body fluids for specific tests ordered by a doctor. They are also responsible for labelling, filing, handling, storing, and preparing them for testing.

They are your front-line workers when you require medical tests.

"Medical laboratory assistant is probably the only person anyone sees from the lab, so communication is so important," says Diane Perry, medical laboratory assistant instructor, Herzing College.

This program provides instruction in anatomy, physiology, communication skills, laboratory safety, specimen collection, storing, transportation, and analysis.

The medical laboratory program runs for 16 weeks, with two intakes per year (September and February).

The first 10 weeks of the program are spent in class, while the last six are spent working on clinical skills in a working environment.

"The clinical component is a great opportunity for students to put their skills to practice," Perry says.

For more information about the medical laboratory program, visit herzing.ca.

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EMPOWERING PEOPLE TO GET BETTER

If you are bothered by an ache, pain, or even a sore jaw, you may want to pay a visit to Markham Physiotherapy on Pembina Highway.

Markham Physiotherapy provides clients with an array of services, including physiotherapy, acupuncture, massage therapy, custom orthotics, and more. The clinic also places a high value on educating its clients on proper practices and exercise techniques.

"We're trying to empower people to get better," says physiotherapist Gabriel Wu, who has been with Markham since 2009.

"We're trying to help our clients prevent further pain. If we do our jobs right, you won't injure yourself again."

Whether suffering from work-related injuries, arthritis, back or neck pain, sprains or strains, an automobile accident, or even stress, sometimes visiting a physiotherapist can help get to the bottom of chronic pain and discomfort. While it is important to consult with your doctor when dealing with injuries, you do not require a doctor's note to pay a visit to a physiotherapist if you are looking to put pain behind you.

With a knowledgeable and highly experienced staff, a visit to Markham Physiotherapy may just be your first step on the road to recovery.

CONTRIBUTED

DO YOU HAVE PRE-DIABETES?

More than five million Canadians have pre-diabetes, meaning they are at risk for developing diabetes.

Pre-diabetes occurs when blood glucose (sugar) levels are higher than normal, but not high enough for a diagnosis of diabetes. If left untreated, more than half of the people with pre-diabetes will have Type 2 diabetes within eight to 10 years. Diabetes can also lead to many serious complications, including heart and kidney disease, vision loss, lower limb amputation, and even premature death. .

While healthy lifestyle choices can lessen the chances of developing pre-diabetes and diabetes, you could still be at risk, and many people are pre-diabetic without even knowing it.

If you would like to know if you have pre-diabetes, talk to your health-care provider. Before you go, be sure to take a new online questionnaire developed by the Public Health Agency of Canada called CANRISK.

The questionnaire helps Canadians assess an individual's risk of developing Type 2 diabetes by assessing risk factors such as age, height, weight, ethnicity, and family background. The questionnaire also offers helpful tips and information for making lifestyle changes that can reduce risk factors.

COLOURBOX

The questionnaire can be taken online at phac-aspc.gc.ca or at Shoppers Drug Mart/Pharmaprix, Pharmasave, Rexall, and Loblaw pharmacies. CANRISK is also available as a free app through the Apple store. The questionnaire only takes a few minutes, and results are instantaneous. The agency has also created a publication called Your Guide to Diabetes, which can be obtained online or through 1-800-O-Canada.

– News Canada

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UNCOVER ANSWERS ABOUT SEX HEALTH

What do you want to know about sex?

Do you have a question? Uncover it. Uncovered is interested in finding out what you really think about sex.

Are you tired of hearing the same messages about sexual health? So is Uncovered. People are beginning to tune them out.

This led Uncovered to ask: "What do people really want to know about sexual health?" and "How do we create healthier communities?" The obvious answer was to ask.

Uncovered postcards do just that. The fun, engaging postcards ask city residents to uncover their burning questions about sexual health.

Nine Circles Community Health Centre has partnered with Smitten, a premium adult boutique and sexual health advocate in the community, to deliver a workshop about the Uncovered project.

Fill out a postcard at Smitten (4-120 Osborne St.) or online at uncovered-postcard.com/.

Questions will be answered, and more, at the free Uncovered workshop at Smitten. Join the conversation and get real answers about the stuff that matters to you Nov. 24, from 6:30-8 p.m.

For more information, or to register, call Smitten at 204-453-0988.

THE UNCOVERED PROJECT
JOIN NINE CIRCLES AND SMITTEN IN THIS UNIQUE, FREE WORKSHOP, CENTRED ON UNCOVERING ANSWERS TO MANITOBA'S SEX HEALTH QUESTIONS.
NOVEMBER 24, 6:30 P.M. AT
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1.204.453.0988 osborne@mysmitten.ca
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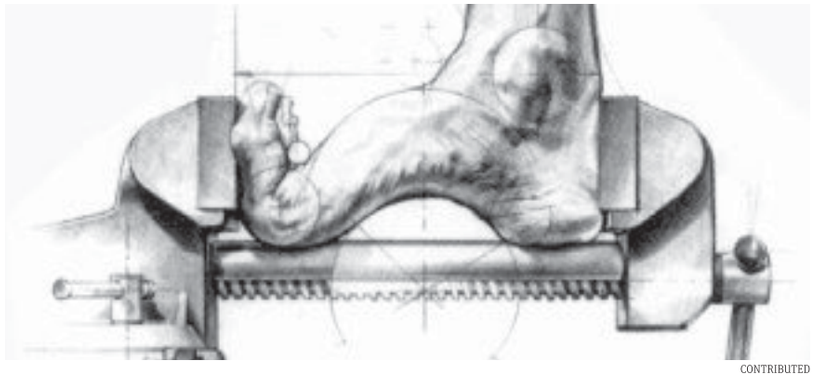
COMMUNITY HEALTH CENTRE



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Healthwest has also extensively researched soft tissue damage caused by skeletal misalignment, and has developed therapy programs to address these issues. Through years of training and many years of experience in lower limb care the Healthwest staff of dedicated professionals strives to provide you with the best care possible.

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ROBERTSON TRAINS HEALTH-CARE AIDES

The potential need for health-care aides is growing and will continue to grow in Manitoba, especially in the home sector.

The health-care aide (HCA) program at Robertson College allows individuals to train for a career in the health-care field in 22 weeks (daytime).

"This program allows individuals the opportunity to become a certified HCA while still being able to maintain their employment," says Amanda Young, faculty head of health, Robertson College, Winnipeg campus.

The HCA program is offered to students either during the day, afternoon, or evening, depending on which schedule is best for the individual.

With small class sizes at Robertson College, students will have a greater opportunity to interact with instructors within the classroom setting.

Health-care aides are important to the community because they play an integral role in assisting patients with mobility and hygiene, providing palliative care, and working with patients who suffer from mental health issues.

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Robertson's HCA program will teach students how to carefully assist with medications, help patients with mobility issues and ongoing conditions, and implement care plans, among many other skills.

Students will also get a chance to practise their skills through a six-week practicum.

Once the practicum is complete, Robertson's career services will be there to assist you in taking the next step in your new career, whether it is right after graduation, or 25 years down the road.

But with a 90 per cent employment rate of HCA grads, and the demand for qualified individuals in this field, the opportunities for employment are there for those who seek it out.

According to Young, the government is planning to increase the number of personal care homes in the near future, opening additional opportunities for certified HCAs.

"We have also seen an increased rise in our community based training," says Young. "Due to the short demand of certified HCAs, Robertson College has been providing HCA training in many of our rural and northern communities."

To learn more about this program, visit robertsoncollege.com.

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Jets test is to raise game vs. champions

NHL. After strong showing vs. Detroit, Noel challenges Jets to raise level again in Chicago

Al Montoya, Dustin Byfuglien and the Jets fell 5-1 to Jonathan Toews' Blackhawks on Saturday at MTS Centre. The Jets will look to return the favour on Wednesday night in Chicago. MARIANNE HELM/GETTY IMAGES

The Winnipeg Jets put together what looked like their best game of the season in a win over the Detroit Red Wings this week.

But now they hope to do it again Wednesday against Chicago to show they're on the right path.

"We've played one good game," coach Claude Noel said Tuesday. "We need to prove (to) ourselves that we can become more consistent and try to get ourselves to play another good 60 minutes."

The Jets beat the Red Wings 4-2 on Monday night. Noel saw some good signs from his young team in the victory.

"We wanted to control the neutral zone a little better against Detroit," he said. "We wanted to clog up the middle of the ice. I thought we managed to do that well.

"I thought that our breakouts were good from our goalline and I thought that we were able to get way better dumps and allow us to get on the forecheck."

The result was a badly needed win for the Jets (6-8-2), satisfying their coach and fans with a consistent effort coming off a 5-1 loss to Chicago last Saturday.

"We know that we played a good 20 minutes against them," Jets forward Mark Scheifele said of the loss. "We had a good period, then we kind of got away from our game."

Scheifele had two assists Monday night but also felt his defensive game was better against Detroit.

"If he was happy with his defensive play, that would be good," said the coach.

"To contribute you don't need to only contribute on the scoresheet. It's really how you play the game."

THE CANADIAN PRESS

Putting it together

"It's just executing the things we talked about before. We finally put all that stuff together. That's something we've been looking for for some time now."

Jets head coach Claude Noel, on Monday night's 4-2 win over the Detroit Red Wings.

Kane questionable

Winnipeg Jets forward Evander Kane is questionable for Wednesday night's game against the Blackhawks but he will be making the trip to Chicago.

- Kane is listed as day to day with an unspecified injury. Coach Claude Noel says Kane's status will be reviewed in Chicago.

Curling

Spencer off to roaring start

Winnipeg's Barb Spencer stole deuces in first and fifth ends en route to an 8-5 win over Regina's Amber Holland in the opening women's draw at the Capital One Road to the Roar curling pre-trials in Kitchener, Ont.

Spencer stole one more in the third end to take an early 3-0 lead that she would never surrender.

The tournament will decide the final two men's and women's entries in the Canadian Olympic trials next month in Winnipeg.

THE CANADIAN PRESS

NHL

Senators get by without Anderson

Erik Karlsson scored two goals and backup goalie Robin Lehner made 32 saves to lead the Ottawa Senators to a 4-1 victory over the Columbus Blue Jackets on Tuesday night, ending a five-game losing streak.

Clarke MacArthur and Chris Neil also scored, and Jason Spezza had two assists.

Lehner earned his first win of the season while filling in for Craig Anderson, who was sidelined with a sore neck after a collision with Dallas rookie Valeri Nichushkin on Sunday.

R.J. Umberger scored a power-play goal from his knees for Columbus, which lost its fourth in a row.

The Senators are now 4-3-2 on the road but just 1-3-2 at home.

THE ASSOCIATED PRESS

Olympics. Canada sets up anti-doping phone line

With the Sochi Winter Olympics fast approaching, overseers of Canada's elite athletes are hoping to avoid a post-podium national embarrassment.

In an effort to catch cheaters, the Canadian Centre for Ethics in Sport launched an anonymous snitch line Tuesday where athletes and others connected to sport can report allegations of doping.

Canadians want to be reassured that every effort is being made to prevent an embarrassing spectacle in Sochi, centre president and CEO Paul Melia told a news conference in Ottawa. THE CANADIAN PRESS

Memories of Seoul

"We lived that once. We don't want to live it again."

Canadian Centre for Ethics in Sport president and CEO Paul Melia, referring to sprinter Ben Johnson, who was stripped of his Olympic gold medal for doping at the 1988 Summer Games.

NHL

Arnott hangs up skates for good

Jason Arnott has announced his retirement after playing 1,244 games in 18 NHL seasons.

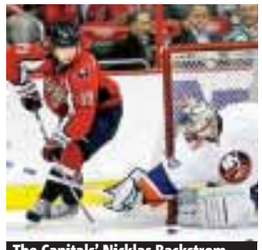
Arnott was the No. 7 overall pick of the Oilers in 1993. He finished with 938 points (417 goals and 521 assists) having also played for the New Jersey Devils, Dallas Stars, Nashville Predators, Washington Capitals and St. Louis Blues.

Arnott had not played since the end of the 2011-12 season. THE CANADIAN PRESS

NHL. Ovechkin picks up where he left off for Caps

Alex Ovechkin returned from a shoulder injury to score his 11th and 12th goals of the season, and the Washington Capitals rode a second-period flurry to a 6-2 win over the New York Islanders on Tuesday night.

After being sidelined for two games, Ovechkin scored twice on the power play in a five-goal second period for the Capitals, who have won three straight and are above .500 for the first time this season (8-7). THE ASSOCIATED PRESS



The Capitals' Nicklas Backstrom puts a shot on the Islanders' net against goalie Evgeni Nabokov. NICK WASS/THE ASSOCIATED PRESS

Jets goaltender Al Montoya has a 1.69 goals against average to go along with a .939 save percentage this season. MARIANNE HELM/GETTY IMAGES

Frolik line, Montoya warrant more ice time

THE HOCKEY NEWS
Matt Larkin
winnipeg@metronews.ca

The Winnipeg Jets finally showed some fight Monday night, not just beating the Detroit Red Wings, but soundly outplaying them in a 4-2 victory. They outshot the Wings 47-28 and were dominant in each period, putting 14, 17 and 16 pucks on net. Sure, that woeful power play went 0-for-6, but you can't fix everything in a night. It was a start for a team that had lost six of seven going in.

The interesting part of Monday's win: it belonged to the unsung heroes. The line of Mark Scheifele, Michael Frolik and Matt Halischuk skated hard, dug pucks out of the corner and generated the tying and game-winning goals. Frolik in particular looked impressive. His nine points in 16 games match Evander Kane's point total and, while Frolik was brought in for defensive purposes, he's showing flashes of the offence that made him the 10th overall pick in the 2006 draft for the Florida Panthers.

Shakeup needed to spark team

It's enough to make me wonder if coach Claude Noel should simply ride the hot hand at every position. It may seem crazy given what Kane and Wheeler are paid, but nothing has worked for this team so far.

Al Montoya sparkled in the victory and now has a 1.69 goals-against average and .939 save percentage for the season. And Bryan Little, who has played second fiddle to Kane, Wheeler and Ladd over the last few seasons, continued asserting himself as Winnipeg's best forward in 2013-14. His eight goals and 13 points lead the team.

It's enough to make me wonder if coach Claude Noel should simply ride the hot hand at every position. It may seem crazy given what Kane and Wheeler are paid, but nothing has worked for this team so far. The power play can't score and Kane and Wheeler have been ineffective of late. Why not reward the Frolik line with more ice time and see what it can accomplish? And why not give Montoya an extended look? He's seriously outplaying Ondrej Pavelec and Montoya is not without pedigree as the sixth overall pick in the 2004 draft. I for one loved him in his junior days when he backstopped Team USA to the World Junior Championship. I thought he was going to be a star. At 28, he's not ancient for a goaltender and stranger things have happened than a stopper blooming in his late 20s (read: Kiprusoff, Miikka).

Obviously, it would be ludicrous to suggest relegating the Jets' star forwards to third- or fourth-line duty on a long-term basis, but maybe a temporary meritocracy is just the kick in the behind this team needs. Reward whoever is playing best on a team that hasn't played well and maybe you'll light a fire under your best players in the process.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	16	9	5	2	40	41	20
Boston	14	8	5	1	38	28	17
Montreal	15	8	7	0	41	31	16
Ottawa	15	5	6	4	46	48	14
Florida	15	3	8	4	31	53	10
Buffalo	16	2	13	1	26	49	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
Washington	15	8	7	0	50	42	16
NY Islanders	15	6	6	3	47	50	15
Carolina	15	5	7	3	29	45	13
NY Rangers	14	6	8	0	26	40	12
Columbus	14	5	9	0	34	40	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	14	4	9	1	22	39	9

Tuesday's results
Dallas 3 Boston 2 (SO)
Ottawa 4 Columbus 1
Washington 6 NY Islanders 2
Edmonton 4 Florida 3 (OT)
Carolina 2 Philadelphia 1 (OT)
St. Louis at Montreal
Calgary at Minnesota
Vancouver at Phoenix
Buffalo at San Jose

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	15	8	4	3	38	34	19
St. Louis	12	8	2	2	44	29	18
Nashville	14	7	5	2	31	40	16
Dallas	15	7	6	2	40	44	16
Winnipeg	16	6	8	2	39	47	14

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	12	3	1	52	40	25
San Jose	14	10	1	3	53	27	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	14	6	6	2	42	49	14
Edmonton	16	4	10	2	40	62	10

Note: Two points for a win, one point for overtime loss.

Monday's results
Anaheim 2 NY Rangers 1
Winnipeg 4 Detroit 2
Sunday's results
Dallas 4 Ottawa 3 (SO)
Calgary 3 Chicago 2 (OT)
Minnesota 4 New Jersey 0
Wednesday's games — All Times Eastern
Pittsburgh at NY Rangers, 7:30 p.m.
Winnipeg at Chicago, 8 p.m.
Nashville at Colorado, 9:30 p.m.
Phoenix at Anaheim, 10 p.m.

MLS PLAYOFFS

CONFERENCE SEMIFINALS

EASTERN CONFERENCE

NEW YORK VS. HOUSTON

Sunday's result
Leg 1 — New York 2 Houston 2
Wednesday's game — All Times Eastern
Leg 2 — Houston at New York, 8 p.m.

SPORTING KC VS. NEW ENGLAND

Saturday's result
Leg 1 — New England 2 Sporting KC 1
Wednesday's game
Leg 2 — New England at Sporting KC, 9 p.m.

WESTERN CONFERENCE

PORTLAND VS. SEATTLE

Saturday's result
Leg 1 — Portland 2 Seattle 1
Thursday's game
Leg 2 — Seattle at Portland, 11 p.m.

REAL SALT LAKE VS. LA GALAXY

Sunday's result
Leg 1 — LA Galaxy 1 Real Salt Lake 0
Thursday's game
Leg 2 — LA Galaxy at Real Salt Lake, 9 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	4	0	1.000	—
Philadelphia	3	1	.750	1
Miami	3	2	.600	1 1/2
Toronto	2	2	.500	2
Orlando	2	2	.500	2
Cleveland	2	2	.500	2
Detroit	2	2	.500	2
Brooklyn	2	2	.500	2
Chicago	1	2	.333	2 1/2
New York	1	2	.333	2 1/2
Atlanta	1	2	.333	2 1/2
Charlotte	1	2	.333	2 1/2
Milwaukee	1	2	.333	2 1/2
Washington	0	3	.000	3 1/2
Boston	0	4	.000	4

WESTERN CONFERENCE

	W	L	Pct	GB
L.A. Clippers	3	1	.750	—
Golden State	3	1	.750	—
Houston	3	1	.750	—
Minnesota	3	1	.750	—
Oklahoma City	2	1	.667	1/2
Phoenix	2	1	.667	1/2
Portland	2	1	.667	1/2
San Antonio	2	1	.667	1/2
Dallas	2	1	.667	1/2
Memphis	2	2	.500	1
L.A. Lakers	2	2	.500	1
New Orleans	1	2	.333	1 1/2
Sacramento	1	2	.333	1 1/2
Denver	0	2	.000	2
Utah	0	4	.000	3

Tuesday's results
Miami 104 Toronto 95
Brooklyn 104 Utah 88
Indiana 99 Detroit 91
Charlotte at New York
Phoenix at New Orleans
L.A. Lakers at Dallas
San Antonio at Denver
Atlanta at Sacramento
Houston at Portland
Monday's results
Golden State 110 Philadelphia 90
Cleveland 93 Minnesota 92
Memphis 95 Boston 88
L.A. Clippers 137 Houston 118

CFL PLAYOFFS

DIVISION SEMIFINALS

EAST DIVISION

Sunday's game — All Times Eastern
Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

WEST DIVISION

Sunday's game
B.C. at Saskatchewan, 4:30 p.m.
Byes: Toronto (East), Calgary (West)

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510 Provencher Blvd. Winnipeg, MB R2J 0C2 204-987-9566
1126 Princess Ave. Brandon, MB R7Ab 0P9 204-729-8793

DRIVE 5

2014 Ram EcoDiesel

ALL PHOTOS WHEELBASEMEDIA.COM

Review. That thing got a Hemi engine? Nope. Something better

MALCOLM GUNN
wheelbasemedia.com

As light-duty pickup trucks go, the upgraded-for-2013 Chrysler-built Ram (neé Dodge) is among the best in the business. It has to be to keep pace with the Ford F-150, General Motors' recently renewed Chevrolet Silverado and GMC Sierra, plus maintain its considerable lead over the Toyota Tundra and Nissan Titan.

For 2014, all three domestic pickups offer relatively stout base V6 engines — around the 300-horsepower mark — and impressive levels of fuel conservation. However Ram has taken what for many is the next logical step by adding a turbo-diesel (EcoDiesel in Ram-speak) to its V6 and V8 lineup.

Although a mainstay of the Ram's tougher HD models, there has been no turbo-diesel in the lighter 1500-series pickups. But the new EcoDiesel's timing is ideal since Nissan has a diesel in the works for the next-generation Titan pickup and GM is reportedly developing its own version for the Sierra/Silverado. As Chrysler proved years ago with the 1984 minivan launch, the first one over the wall risks getting bloodied, but also stands to gain a significant advantage over those who follow.

For the 1500-series application, Ram is using the same 3.0-litre turbo-diesel V6 that's optional in the Jeep Grand Cherokee. The engine, which originates from a company in Italy that's now 100 per cent Chrysler-Fiat-owned since former partner GM sold its share, produces 240 horsepower and 420 pound-feet of torque. The engine connects to an eight-speed automatic transmission, as does the 3.6 gas engine, while the V8 comes with a six-speed that can be swapped for the eight-speed.

The Ram EcoDiesel can tow up to 7,200 pounds (3,270 kilograms), which is about the same as the 3.6 V6. The diesel can be added to nearly all of the Ram 1500's trim levels, cab configurations and rear- and four-wheel drivelines, from the near-base ST Quad Cab to the loaded-up Laramie Limited Crew Cab.

Only the base ST regular cab is omitted from the list. Of course there's nothing particularly "Eco" about the Ram 1500 EcoDiesel, or any other 2,700-kilogram brute that burns fossil fuel, but at least the EcoDiesel is cleaner than diesels of old.

As is the case with other automakers' diesels, the Ram's exhaust is treated with a urea-based solution that chemically neutralizes the nasty stuff before exiting the tailpipe. That makes the engine clean enough to pass muster throughout every jurisdiction in North America, but it also means that the urea solution tank will require replenishment every 16,000 kilometres or so.

Fitting the turbo-diesel option to your Ram won't be cheap. Expect $3,000 over and above the price of a 5.7-litre V8, and about $5,000 more than the base V6. That would peg the entry fee in the $33,500 range, including destination charges.

There might not be much payback over the short haul, other than sheer torque, but Chrysler figures about 15 to 20 per cent of Ram customers — likely those who plan on racking up plenty of kilometres over many years — will find taking the EcoDiesel route too tempting to pass up.

Compare

1 Ford F-150
Base price: $24,250

2 Chevrolet Silverado
Base price: $27,950

2014 Ram EcoDiesel

- **Type.** Two- /Four-door, front- / four-wheel-drive pickup truck
- **Engines (hp).** 3.0-litre DOHC V6, turbo-diesel (240)
- **Transmissions.** Eight-speed automatic
- **Base price (incl. destination)** $33,500

Torque

For serious truckers it's torque that matters most and the EcoDiesel handily beats Ram's base 3.6-litre V6 with its 269-pound-feet and the optional 5.7-litre V8's 410 pound-feet. While the V8's peak torque is close, it comes much higher in the rev range than the diesel's.

Fuel economy

As for fuel economy, Chrysler isn't spilling the precise beans just yet, but based on the numbers earned by the Grand Cherokee, somewhere in the vicinity of 10.0 l/100 km in the city and 7.5 on the highway seems plausible. That would be an improvement compared to the base V6's 11.4/7.8 and the V8's

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Introducing the Dodge Can'avan

All for a good cause.
Creation will help raise poverty awareness

AUTO PILOT
Mike Goetz
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To the list of vehicles constructed over the years with wacky materials add the Dodge Can'avan, made entirely of approximately 30,000 cans of food.

Thirty volunteers built the van of can in about 10 hours at Toronto's Dundas Square last week. It stood on display for a few days, then was disassembled and donated to the Daily Bread Food Bank. It's likely half-eaten by now.

The builders or "can-geneers" were local students, and members of Canstruction. The U.S.-based non-profit agency goes around the world organizing groups to create structures entirely out of canned goods, to help raise awareness of poverty and hunger issues, and to get math, science and technology students pumped up about their futures in engineering, and in community service.

Chrysler thought it was a great way to help out, and to help celebrate the 30th anniversary of the Chrysler minivan, which debuted in 1983.

And like any vehicle made out of a "non-traditional" car-building material, Can'avan is also a great subject for bad puns. Does Can'avan have any working doors? No, just a can opener. "Can" you actually drive it? No, you "can't." Plans for a production version have been "canned." Etcetera.

Building vehicle sculptures out of odd materials is almost an art form of sorts. Let's revisit a few famous ones…

Chevrolet of Cheese
Last year, when The American Dairy Association (ADA) sponsored Terry Labonte's NASCAR program, the ADA commissioned a full-scale "cheese" sculpture of Labonte's Chevrolet racer. Carved from 3,500 pounds of yellow cheddar, it held the title of "The World's Cheesiest Car," which really cheesed off a Gouda-based competitor, who thought the Chevy was not nearly Gouda nough.

The Dodge Can'avan is probably half-eaten by now. CONTRIBUTED

Lamborghini of Gold
German car model maker, Robert Wilhelm Gulpen, carved a 1:18 scale model Lamborghini Aventador out of solid gold. Containing 25 kg (55 pounds) of the precious metal and lots of gemstones, the model is estimated to be worth several million — lots more than a regular, full-scale $400,000-plus Aventador. I can't afford either, but especially the solid gold one.

The solid gold Lamborghini costs several million dollars. CONTRIBUTED

Ferrari of Lego
This creation is a full-scale model of Ferrari's 2011 Formula 1 racer. It took a team of 16 Lego experts six months to plan and assemble the hundreds of thousands of Lego bricks. The build time could have been cut down by a few weeks, but the team insisted on keeping to their mid-afternoon schedule of naptime, story time, and snacks.

Toyota of Ice
Artists carved a full-scale Toyota Land Cruiser, complete with interior, out of solid ice for a Russian winter festival. It was super slick, but when you used the defroster the whole windshield disappeared.

Bugatti of Cigarette Packs Engineering students in China used 10,280 cigarette packs and eight months to build a replicable of a Bugatti Veyron. No time or space for a pun. Got to butt out.

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Horoscopes

♈ Aries
March 21 - April 20
By all means, think big but before you put your latest plan into effect, make sure there are no obvious holes in it. Even a minor error could hold you back, so check, double check, then check again to be safe.

♉ Taurus
April 21 - May 21
Try not to take out your frustrations on friends. It's not their fault you can't seem to get your act together. The only way you are going to improve your mood is to ease up and stop expecting so much of yourself.

♊ Gemini
May 22 - June 21
There is a rational explanation for everything that happens. Keep that in mind today and you'll do fine. However, just because there is an explanation does not mean you will find it. Maybe the time's not right.

♋ Cancer
June 22 - July 23
You may not want to admit that a colleague's big idea is better than your own but everyone else can see it so you might as well accept the fact. It's OK.

♌ Leo
July 24 - Aug. 23
You may think you have to cut back on essentials but that would be a false economy. Just because you take a step backward does not mean you will move forward any faster.

♍ Virgo
Aug. 24 - Sept. 23
By all means, point the finger if you can prove who the guilty party is but if there are any doubts, you must keep your suspicions to yourself. It could be you have got the bad guys and good guys mixed up.

♎ Libra
Sept. 24 - Oct. 23
What you say and do must be consistent or you'll leave yourself open to charges of hypocrisy. That applies on the work front, where colleagues will not be impressed if you fail to practice what you preach.

♏ Scorpio
Oct. 24 - Nov. 22
You may regret having made certain decisions but there is no need to feel sorry for yourself. Nor is there any reason to change course. All roads lead to where you need to go, so just keep walking.

♐ Sagittarius
Nov. 23 - Dec. 21
You want to tell others how you feel but for some reason, the words won't come. Maybe you should take the hint and keep your feelings to yourself, at least for now.

♑ Capricorn
Dec. 22 - Jan. 20
Even a Cap takes a wrong turn sometimes so don't get angry with yourself if you have to retrace your steps today. The worst thing you can do is to blunder ahead regardless. There's a steep drop up ahead.

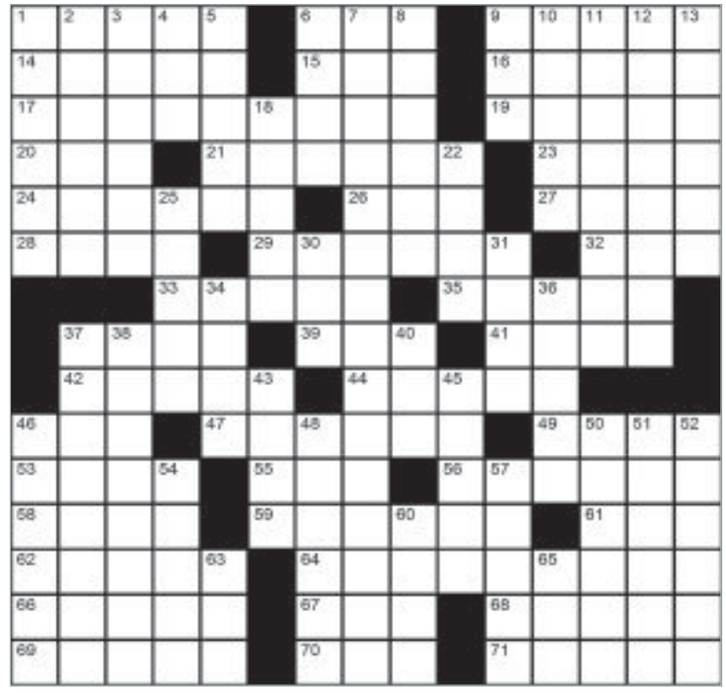
♒ Aquarius
Jan. 21 - Feb. 19
What is painful in the short term may be beneficial in the long term, so don't give up on what you are doing yet. The more you have to work at something, the more likely it is you will master it.

♓ Pisces
Feb. 20 - March 20
You may have to be economical with the truth today, especially if there is information you need to keep out of the hands of your rivals. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

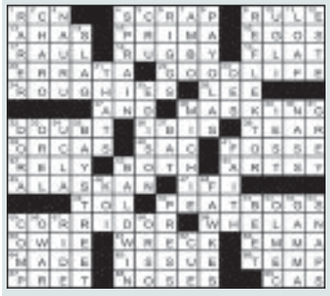
BY KELLY ANN BUCHANAN



Across
1. Do cartography work again
6. Great Expectations character
9. Capital of Senegal
14. Gladden
15. Record label for Elvis
16. Mary J. of song
17. Nova Scotia community, a name Beatles fans must love
19. ArmÈe du __ = The Salvation Army
20. Tree tool
21. Indicate
23. Nero's 1502
24. Festive strands
26. Hosp. area
27. Tree trunk
28. Formerly
29. Rise
32. "Waking __ Devine" (1998)
33. Butcher shop waste
35. Succeed in life: 2 wds.
37. Dynasty of ancient China
39. __ Mahal
41. Songstress Ms. Simone
42. "The Planets" composer: Gustav __ (b.1874 - d.1934)
44. More recent
46. 'P' in MPH
47. Quash
49. Think, archaically
53. Trompe l'__ (Visual illusion)
55. Mr. Cruise
56. Stick to
58. Rocker Mr. Osbourne
59. Of service
61. FOX cartoon, "American __!"
62. Satellite of Saturn
64. Ex-RCMP officer on "Dragons' Den", Jim __
66. Tennis great Ivan
67. Sanctions
68. Faint trace
69. S s sSssS
70. Clock setting in St. John's, commonly
71. "Egads!"

Down
1. "There's not anything to which you can't __..." - Alanis Morissette, "Everything"
2. Magical potion
3. Experts
4. Lunched
5. As such, Latin style: 2 wds.
6. '70s music genre, __-Rock
7. CN Tower and Parliament Buildings, for example: 2 wds.
8. Princess' house
9. Sound loudness units [abbr.]
10. Gentle as _ __
11. Area of Winnipeg, West __
12. "The Voice" coach Christina
13. Made the score even again
18. Rice dish
22. Breather's need
25. Tavern chair
30. SNL night, for short
31. Finished
34. Be a mother hen
36. Colin of movies
37. Canadian snacks
38. Skylines
40. 'Game' in Gaspe
43. Dancer's dress
45. "__ __ live in a yellow submarine..." - The Beatles
46. Second smartest dog
48. #64-Across' restaurant chain, __ Pizza
50. Stuff in a teacher's correcting pen: 2 wds.
51. Juice source
52. Some higher-heeled shoes
54. "The Hollywood Squares" centre square occupant, Paul __
57. God
60. Top
63. Chicago trains
65. IV + III's equivalent

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

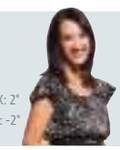
	2		8					
8	9					4		6
		6		2				7
3		5		8	1			
	1						4	
			9	4		5		3
4				1		8		
6		2					7	4
					5		3	

Yesterday's Sudoku

2	8	9	3	7	1	6	5	4
7	4	3	6	8	5	2	1	9
1	5	6	2	9	4	3	8	7
6	2	1	7	4	8	5	9	3
4	9	5	1	3	6	8	7	2
3	7	8	5	2	9	4	6	1
5	3	7	9	6	2	1	4	8
8	6	2	4	1	7	9	3	5
9	1	4	8	5	3	7	2	6

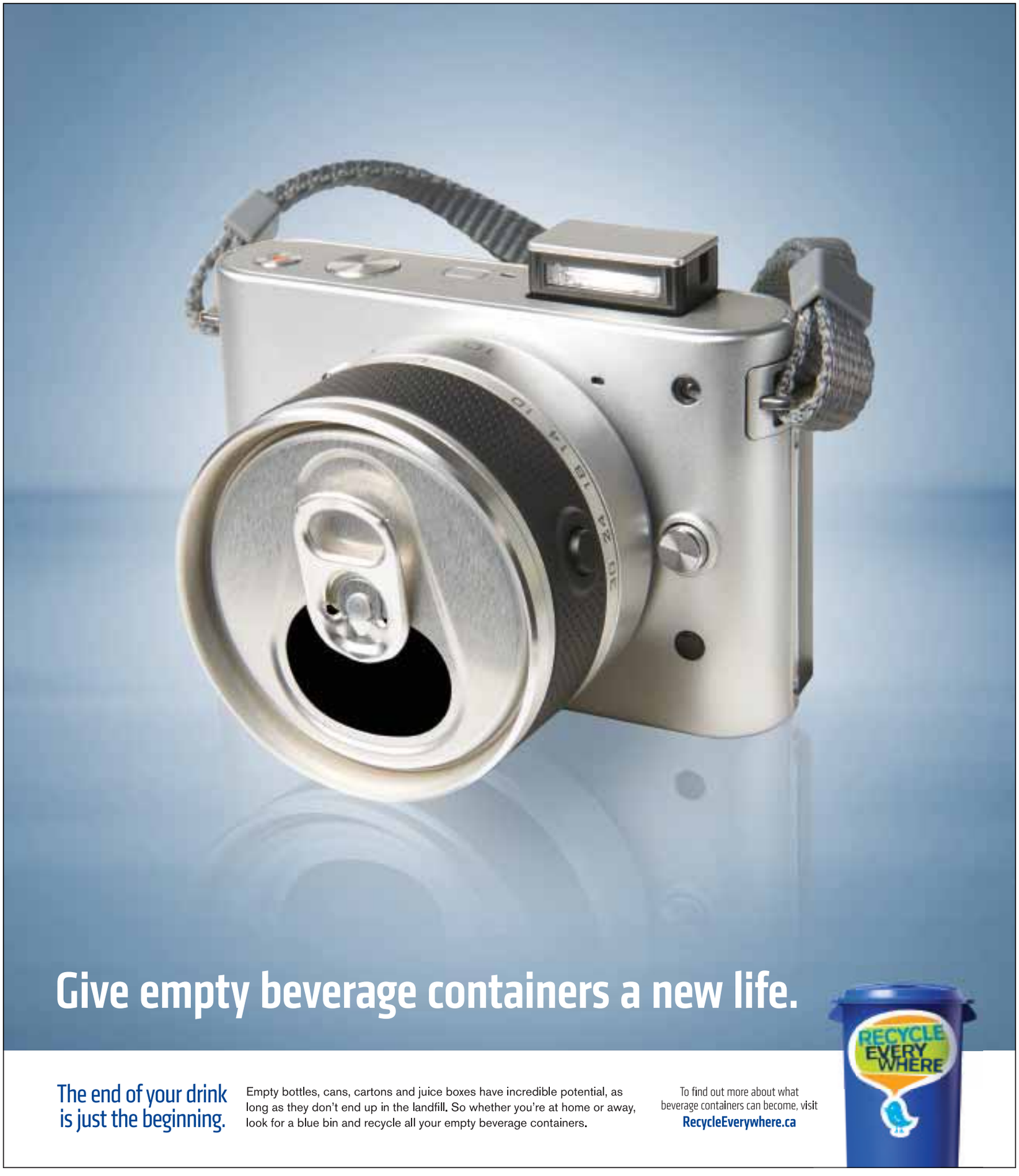
Weather

TODAY	THURSDAY	FRIDAY
MAX: 3° MIN: -4°	MAX: 2° MIN: -4°	MAX: 2° MIN: -2°



BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



The end of your drink is just the beginning.

Empty bottles, cans, cartons and juice boxes have incredible potential, as long as they don't end up in the landfill. So whether you're at home or away, look for a blue bin and recycle all your empty beverage containers.

To find out more about what beverage containers can become, visit **RecycleEverywhere.ca**